

LONDON

metro®

Thursday, January 19, 2012
www.metronews.ca



News worth sharing.

Do your 2012 resolutions include finding a new career?

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and how to get there.



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NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef, or a plumber or a pilot.

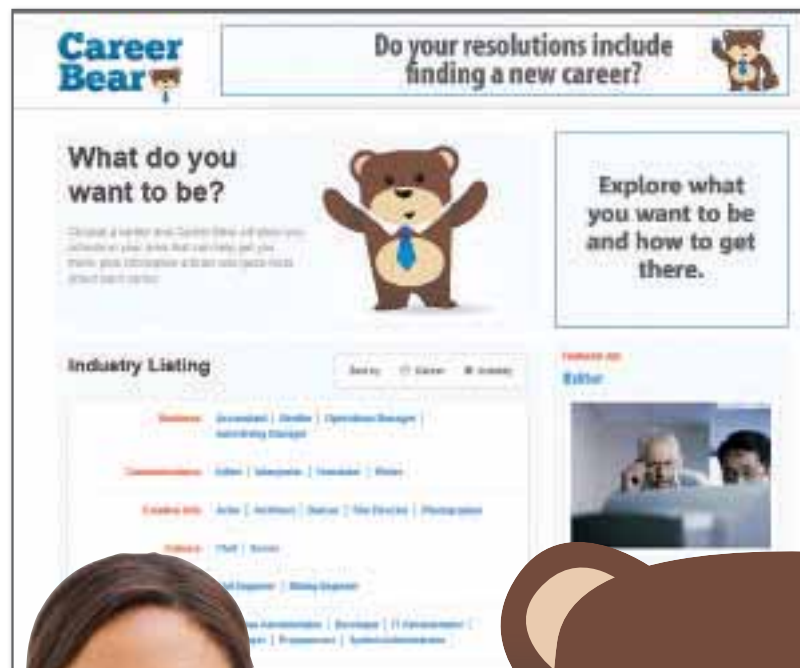
Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good and articles let you know more about the job and some of the required skills you may not have guessed.

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.



MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.



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ROUGH BOYS
BORN RUFFIANS LEAD A
TRIO OF INDIE ROCKERS
AT APK LIVE {page 9}

**THAT'S A LOTTA
MUFFULETTA**
ITALIAN SANDWICH IS
PACKED WITH VEG {page 17}



LABOUR PLAY
THOUSANDS
EXPECTED AT
CAW RALLY

{page 2}

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Thursday, January 19,
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News worth
sharing.

Forest City sheds dollars

► Councillors turn down more than \$14M in proposed budget additions during Wednesday's number-crunching session ► Hiring firefighters, creating more downtown parking are among the things that just won't happen



**ANGELA
MULLINS**
@METRONEWS.CA

One potential scenario after Wednesday's budget debate: Londoners could pay 1.1 per cent more in taxes this year. But city council is still looking for cuts and revenue to keep the promised tax freeze.

That's where things stood when council's services-review committee wrapped up a nearly six-hour budget session. Although lower than the original 2.3 per cent tax increase pitched in December, the new number factors a rosy forecast into what will happen between now and Feb. 21, the date for budget approval.

First, boards and commissions must submit budgets that meet tax targets set by city council last year.

Five of these — police, the health unit, Land Ambulance, the housing corporation and conservation authorities — remain over what council requested, for a combined \$2.9 million. The police department alone accounts for about \$1.5 million

of that total.

Members of the services-review committee took a hard line with the groups on Wednesday, telling them to dig deeper and come back in February — or else.

"Lookit, everybody's got to share in the pain. That's why we've said, look again, look again, look again and find those savings or... we'll find those savings for them," said Mayor Joe Fontana, who remains steadfast in his campaign promise to freeze taxes. "At the end of the day, we

control the purse strings."

Second, the 1.1 per cent assumes city administrators will find money for \$600,000 worth of community programs.

City staff are expected to report back on the issue next month, along with presenting options for dropping the 1.1 per cent tax increase

down to zero.

That would take \$5.1 million more in cuts or new revenue.

So far, city offi-

\$2.4M

City councillors have endorsed a staff plan to save \$2.4 million, which means no new capital grants will be handed out to community groups.

cials have been able to hack away at the budget proposal without dipping into services. Some have warned that won't be the case as some politicians drive closer to the target.

Fontana said there are a "number of options" for going deeper without hitting services, but he was not more specific.

Nancy Branscombe, chair of the services-review committee, is less optimistic.

"At the end of the day, there will be service cuts," she said. "Whether they'll be painful service cuts or not, I guess we'll see what our civic staff brings forward.

"It's clear that you can't take that much out of a budget without some cost."

More coverage {page 3}



PHOTO ILLUSTRATION: KATIE NAUS/FOR METRO

STARTING TOMORROW!

Tru Restaurant & Lounge, Cello Supper Club, Auberge du Petit Prince, Waldo's on King, Felini Koolini's, Blackfries, Anoma Restaurant, Abruzzi, Braise, The Braywick Bistro, Marienbad, p-z-a-pie Neopolitan Pizza, One Restaurant, The Windermere Cafe, La Casa, Kardina Cafe & Restaurant, Trichio's Restaurant, Michaels on the Thames, Tamarine, The Raja Fine Indian Cuisine, McGinnis Landing, Avenue Dining, The Grille, Villa Resto-Lounge, Cambrinus Bistro & Cafe, Garlic's of London, Crossings Grill and Pub, Katana Cafe & Grill, Mythic Grill, Bangkok Pad Thai Restaurant, Amici Italian Restaurant, Curry's

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1 news



London police are seeking additional charges against four men who fled in a vehicle from the scene of a Grey Street shooting. Scan code for story.

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On the web at metronews.ca



Investment adviser Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing

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Big turnout expected at rally

MARK SPOWART/FOR METRO

► Labour unions believe thousands will show up to weekend event ► All to be asked to stop by Electro-Motive picket line, an organizer says



ANGELA MULLINS
@METRONEWS.CA

The Canadian Auto Workers are promising to fill Victoria Park with upwards of 7,000 people for a 9 a.m. Saturday rally in support of locked out Electro-Motive Diesel workers.

Tim Carrie, president of CAW Local 27, which represents the workers, said close to 3,000 of those people are expected to be bused in from outside the city. Some big names are on the speaker's list including Ken Lewenza, the CAW's national president, Nycrole Turmel, interim leader of the federal NDP, and Sid Ryan, president of the Ontario Federation of Labour.

Carrie said that organizers also are lining up at least one student and possibly other community members to say a few words.

"It's important to hear from those people, too," he said. "This is a community movement."

As finishing touches are put on the plans, workers remain on a picket line outside the locomotive plant on Oxford Street. About 450 CAW employees were locked at

18

Days Electro-Motive Diesel workers have been locked out and on a picket line.

the beginning of January, one day after their contract expired.

That situation was status quo Wednesday, with no new talks scheduled between the union and Caterpillar, Electro-Motive's parent company, Carrie said.

Canadian Auto Workers at other plants are showing their support. Members who work for CN have said they will refuse to use Caterpillar-made locomotives expected to be delivered this year, Carrie said.

Those locomotives likely would have been made at Electro-Motive, the union president said.

"On top of that, we are taking a look at all of ... Caterpillar dealerships across the country ... and (the possibility of having) demonstrations around them," Carrie said. "Obviously, our strategies are based on looking at this as a potential long-term fight."



► Bruce McKerlie from CAW Local 27 waves to passing motorists Wednesday as they honk when driving by. McKerlie is one of the workers who were locked out from their jobs Jan. 1 after Electro-Motive Diesel, owned by Caterpillar, deemed the union had rejected its last offer.

Councillor's husband charged in deadly crash

IVEY.UWO.CA

AM980 has learned a London man, charged in connection with a deadly collision in the Windsor area on Tuesday, is the husband of city Coun. Judy Bryant.

Murray Bryant, 63, was charged with careless driving Tuesday after a tow-truck driver who had stopped to assist another motorist was struck and killed by a passing vehicle on Highway 3.

Judy Bryant was not at city hall Wednesday for



► Murray Bryant

Professor

► Bryant is currently a professor at the Richard Ivey School of Business in London.

budget deliberations with colleagues, saying she was very distraught over the incident.

Her husband was in shock following Tuesday's collision, police said, and taken to hospital for observation. AM980/AM980.CA

News in brief

Victim's brother also shot to death

Months after a 20-year-old London man was shot dead on a sidewalk, the victim's older brother has been murdered in Calgary.

Police say Joseph Lesley Talbot, 35, was found shot to death in a Calgary home on Saturday morning while they were responding to reports of a possible break-in. No charges have been laid yet, although police say it appears he was targeted.

Talbot's brother, David Arbuckle, was gunned down on a sidewalk near Wellington Road and Hill Street in October. Jacob Michael McPhee, 21, of London was charged with first-degree murder.

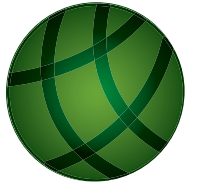
AM980/AM980.CA

Passenger injured in crash

Police say alcohol was a factor in a single-vehicle crash in south London, where a vehicle had struck a tree. The driver was not seriously hurt, but the passenger was taken to hospital where he was in critical condition.

AM980/AM980.CA

► City council made some difficult decisions regarding the 2012 budget on Wednesday ► Council's goal is also the platform Mayor Joe Fontana ran on: A zero per cent tax increase ► High unemployment and lower tax revenues are making it increasingly difficult to achieve this goal



MARK SPOWART/FOR METRO



► Members of the city's services review committee begin the long process of poring over the add/cut list for the city budget for 2012.

We asked Londoners whether they were willing to sacrifice a zero per cent tax increase for enhanced city services, and, if so, where they'd like to see the money spent. Here's what you said:

On social media



Twitter

- @CarterKS: Yes. Social services. If so it may free up LPD time every day and they could stop asking for a budget increase every year.
- @miss_janet_a: Libraries!!!

Facebook

- Mel Sheehan: Put it towards more social housing, and improving LTC services! (Brian Gibson and Sarah Kathleen like this)
- Brian Gibson: I am

absolutely willing to see increases to our property tax IF it will go to 1) Better LTC service ... and 2) More social housing initiatives 3) More money to organizations like Women's Community House. (Sarah Kathleen, Kirsten Rosenkrantz and Mel Sheehan like this)

- Kirsten Rosenkrantz: A 0% tax increase is incredibly unrealistic. Maybe that's what he promised, but we all know politicians don't keep their promises, so why is everyone so surprised by this? ... I also think that more needs to be done in terms of unemployment. (Brian Gibson, Erika Faust, Mel Sheehan like this)

ANGELA MULLINS/METRO



Joel McMillan, 27, London

"I'm a fan of a zero per cent tax increase, but in terms of what they are going to extract money from ... I think (programs for people with special needs) is one thing they shouldn't touch."

ANGELA MULLINS/METRO



Alex Hoffman, 24, London

"It's impossible to not increase taxes due to inflation and other market factors. I think a certain amount of tax increase is inevitable, and I feel like the city's run very well right now.... More money to the police I think is a good thing ... and maybe community programs."

ANGELA MULLINS/METRO



Michael Schmidt, 47, London

"I'd gladly pay more tax and keep services the same or enhance (them). I have no problem with taxes. If you want to live the way we live, you have to pay for it."

ANGELA MULLINS/METRO



Amanda D'Orazio, 27, London

"Yes, I am. I believe in taxes as long as they are applied efficiently and we're not over-taxed.... I also think that our unemployment is really high in London so ... boosting our economy in the city is very important right now."

● METRO

News in brief

Cancer: First, the good news

DISEASE. More Canadians are being diagnosed with cancer due in part to the aging population, but more are surviving the disease over time, a new Statistics Canada study has found.

But StatsCan senior analyst Kathryn Wilkins called it a "good news story": People are living longer with cancer, so obviously it's more prevalent."

THE CANADIAN PRESS

This panel has red tape taped

PAPERWORK. Bring in a new regulation, get rid of an old one.

That's the way to cut red tape, says the government's red-tape-

reduction commission.

Its proposal: "Every time the government proposes a new regulation, it must eliminate an existing one."

Paperwork caused by government regulations is said to cost businesses more than \$30 billion a year.

THE CANADIAN PRESS

Porn industry in condom war



WITHDRAWAL. Porn movie-makers say they'll pack up their sex toys and abandon Los Angeles if officials order every actor to wear a condom.

City council voted for a law that would deny permits to producers who do not comply.

THE ASSOCIATED PRESS

He died for his violin

► Hungarian musician went back to his cabin to get it after disaster hit cruise liner, his co-worker says

A Hungarian musician died in the Costa Concordia cruise-ship disaster because he tried to retrieve his beloved violin from his cabin.

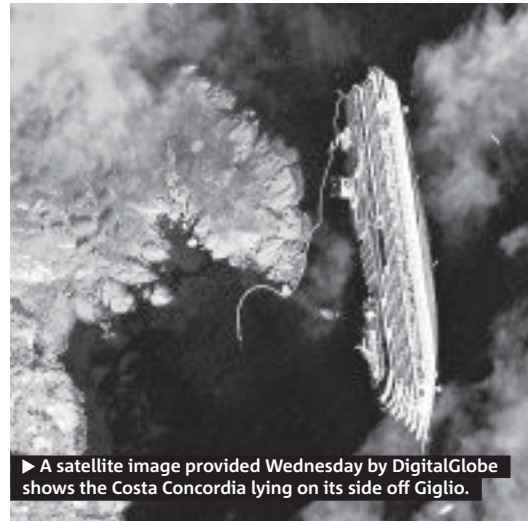
Violinist Sandor Feher, 38, had been working as an entertainer on the ill-fated liner, which slammed into a reef off the tiny Italian island of Giglio.

Jozsef Balog, a pianist working with Feher, said Feher was wearing a lifejacket when he decided to return to his cabin to get his violin.

Before that, Balog said, Feher helped put lifejackets on several crying children.

He was last seen on deck en route to the area where he was supposed to board a lifeboat.

Feher's body was found



► A satellite image provided Wednesday by DigitalGlobe shows the Costa Concordia lying on its side off Giglio.

inside the wreck and identified by his mother, according to Hungary's foreign ministry.

The \$450-million Costa Concordia was carrying more than 4,200 passengers and crew when disas-

Captain tripped?

- Francesco Schettino, the captain of the ill-fated ship, was quoted as saying Wednesday that he tripped and fell into the water from the listing vessel and never intended to abandon his passengers.
- He was placed under house arrest Tuesday, facing possible charges of manslaughter, causing a shipwreck and abandoning his ship.

ter struck.

The death toll stands at 11, but 21 people are still unaccounted for.

Rescue workers suspended operations Wednesday after the cruise ship shifted slightly on the rocks near the Tuscan coast, creating deep concerns for the safety of divers and firefighters searching for the missing.

THE ASSOCIATED PRESS

New Year, NEW YOU!

IN 2012, MY RESOLUTIONS ARE TO...



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QUIT SMOKING

Smokers' Cleanse is a 30 day program that provides lung support, craving support and a stress relief formula to help you quit smoking once and for all.



IMPROVE HEALTH

Rapid Cleanse is a therapeutic strength 7 day cleansing program that works to cleanse and detoxify your entire body. Cleansing will help to improve your health and increase your energy.



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Kim's eldest son fears N. Korea collapse

► Journalist uses email exchanges with Kim Jong-nam for new book

A new book claims that the eldest son of North Korea's late leader Kim Jong-il believes the impoverished regime is in danger of collapse and that his young half-brother, chosen to lead after Kim's

death, is merely a figurehead.

The book by Tokyo-based journalist Yoji Gomi went on sale Wednesday.

He says it's based primarily on email exchanges he had with Kim Jong-nam

over many years.

The book, titled *My Father, Kim Jong-il and Me*, drew immediate attention as a rare view into the family that has led the secretive country for decades — though Kim Jong-nam is

thought to be estranged from his family and the workings of government.

Since Kim Jong-il's death Dec. 17, North Korea has been led by his youngest son, Kim Jong-un. **THE ASSOCIATED PRESS**

Russia vows to block the West from entering Syria

Syria's powerful allies in Russia vowed Wednesday to block any Western attempts to intervene militarily in Syria as Damascus fights off an increasingly chaotic 10-month-old revolt against President Bashar Assad.

The support came as Assad was showing fresh confidence that he can ride out the uprising with the help of a small — but influential — set of friends in Russia, China and Iran.

Iran also gave Syria another boost Wednesday. According to Iran's semi-official ISNA news agency, the commander of Iran's Quds Force, Brig. Gen. Qasem Soleimani, said Assad's government enjoys

No retreat

► **Military crackdown.** Protesters show no sign of retreat despite the brutal military crackdown that the UN says has killed more than 5,400 people since March.

public support and won't collapse.

Assad, a 46-year-old authoritarian leader who inherited power from his father in 2000, made two public appearances last week, where he vowed to strike back with an "iron hand" against the "conspiracy" behind the uprising.

THE ASSOCIATED PRESS

Slow famine response has 'cost lives': Agencies

Thousands of people died needlessly and millions of dollars were wasted because the international community did not respond fast enough to early signs of famine in East Africa, aid agencies said Wednesday, while warning of a new hunger crisis in West Africa.

Most rich donor nations waited until the crisis in the Horn of Africa was in full swing before donating a substantial amount of money, according to the report by aid groups Oxfam and Save the Children. A food shortage had been predicted as early as August 2010, but most donors did not respond until famine was declared in parts of Somalia in July 2011. **THE ASSOCIATED PRESS**

News in brief

Remove Occupy London: Court

The Occupy London protest camp that has sprawled outside the city's St. Paul's Cathedral for three months must be removed, a British judge ruled Wednesday.

High Court Judge Keith Lindblom backed local authorities who are trying to evict the protest against capitalist excess, inspired by New York's Occupy Wall Street movement.

THE ASSOCIATED PRESS

Monkey-pet ban proposed

A British lawmaker is working to impose a ban on keeping monkeys as pets.

THE ASSOCIATED PRESS



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of Canada

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du Canada

IMPORTANT NOTICE

Relocation of the London Passport Canada office

Effective Monday, January 30, 2012,
the London Passport Canada office will be located at:

Cherryhill Village Mall, 301 Oxford Street West, Suite 76

Business hours for the new office will be from 8:30 a.m. to 4:30 p.m., Monday to Friday. Free parking is available on site. The new office is also accessible by public transit.

The office located at 400 York Street will close its doors permanently on Friday, January 27, 2012, at 4:30 p.m.

For more information, visit passportcanada.gc.ca.

Public inquiries: 1-800-567-6868

TTY: 1-866-255-7655

Canada

The day online turned black

► Websites go dark in support of Wikipedia's protest
► At least one London-area group also participated

Jan. 18 is a date that will live in ignorance. Wikipedia was black.

The online encyclopedia launched a 24-hour black-out of its English-language articles in a protest against pending U.S. legislation aimed at shutting down sites that share pirated movies and other content.

Other sites joined in:

Reddit.com shut down its social news service for 12 hours.

Google blacked out the logo on its home page, directing surfers to a page where they could add their names to a petition against the bills.

Craigslist changed its local home pages to a black



► A blacked-out page is displayed in Wikipedia's San Francisco "war room."

screen, directing users to an anti-legislation page.

Also, LOLAfest.com — London Ontario Live Arts, which covers the local arts and culture scene — was

also scheduled to take part in Wednesday's wide-spread protest.

The Internet companies were protesting over the Stop Online Piracy Act in the U.S. House and the Protect Intellectual Property Act under consideration in the Senate.

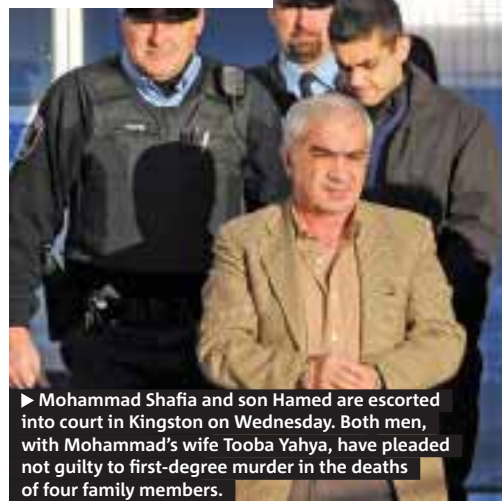
If passed, the bills could be used to target legitimate sites where users share content.

Wikipedia's decision was reached after polling its community of contributors.

But dissenters say political advocacy undermines the site's mission as a neutral source.

THE ASSOCIATED PRESS

Kingston. Murder trial



► Mohammad Shafia and son Hamed are escorted into court in Kingston on Wednesday. Both men, with Mohammad's wife Tooba Yahya, have pleaded not guilty to first-degree murder in the deaths of four family members.

SEAN KILPATRICK/THE CANADIAN PRESS

General: We know how to keep a secret

Canada's top military commander is trying to scrub away the tarnish created by a spy case involving a naval intelligence officer.

Gen. Walt Natynczyk says everyone handling secrets is required to observe stringent procedures and conduct themselves ethically.

Sub-Lt. Jeffrey Paul Delisle is charged with communicating information to a foreign entity without authorization.

THE CANADIAN PRESS

A lesson in linguistics

Mohammad Shafia, accused of killing his daughters in a so-called honour killing, was caught on police wiretaps saying: "May the devil (defecate) on their graves." But linguistic expert Nabi Misdaq testified that the expression in the Dari language is comparable in English to "To hell with them."

MacKay mum

► It has been suggested that Sub.-Lt. Jeffrey Delisle was spying for Russia — something Defence Minister Peter MacKay refuses to confirm or deny.

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Metropolitan Panel

U.S. rejects proposed Keystone pipeline

► State Department says decision hinged on lack of time for proper assessments ► Republican presidential hopefuls slam announcement



EVAN VUCCI/THE ASSOCIATED PRESS

► Demonstrators march with a replica of a pipeline during a protest against the Keystone XL pipeline outside the White House on Nov. 6, 2011, in Washington.

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed \$7-billion Keystone XL pipeline on Wednesday in a decision his Canadian counterpart greeted with "profound disappointment."

Obama called Prime Minister Stephen Harper on Wednesday to break the news, but also to point out that TransCanada was free to submit an amended application — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive aquifer in Nebraska.

"The president explained that the decision was not a decision on the merits of the project and that it was without prejudice, meaning that TransCanada is free to re-apply," Harper spokesman Andrew



► House of Representatives Speaker John Boehner, centre, at a news conference in Washington on Wednesday, discusses the decision to halt the Keystone XL pipeline.

MacDougall said.

"Prime Minister Harper expressed his profound disappointment with the news. He indicated to President Obama that he hoped that this project would continue given the significant contribution it would make to jobs and economic growth both in Canada and the United States of America."

Indeed, Keystone XL is likely more delayed than dead: the move essentially allows the White House to take back control of the ap-

proval process after Republican lawmakers attempted to force Obama into green-lighting the politically charged project in late December.

TransCanada was not surprised by the announcement.

"This outcome is one of the scenarios we anticipated," company CEO Russ Girling said in a statement.

"While we are disappointed, TransCanada remains fully committed to the construction of Keystone XL. ... We will re-apply

Market moment

TSX	Dollar
+ 94.69 (12,327.52)	+ 0.39¢ (98.89¢ US)
Oil	Natural gas
- 12¢ US (\$100.59 US)	\$2.47 US (- 2¢ US)
	Gold \$1,659.90 US (+ \$4.30 US)

for a presidential permit and expect a new application would be processed in an expedited manner to allow for an in-service date of late 2014."

THE CANADIAN PRESS

IMF seeking up to \$500B to help ease crisis

RICHARD DREW/THE ASSOCIATED PRESS



► Traders like this one in New York City are weighing signs that Germany could slide into a recession against reports that the International Monetary Fund could get more cash to help countries struggling with debts.

The International Monetary Fund said Wednesday it's aiming to increase its financial firepower by around \$500 billion so it can issue new loans to help ease a worsening financial crisis.

Responding to speculation surrounding its funding requirements, the Washington-based institution said its staff estimates that countries around the world will need about \$1

trillion in loans in the coming years. Thanks to about \$200 billion that European countries have promised the IMF, it's more than one-third of the way to its fundraising goal.

But there are growing worries that non-European countries will also need more help because of the worsening economic outlook.

THE ASSOCIATED PRESS

CANADIAN ECONOMY

Eurozone troubles affecting Canada: BoC

The Bank of Canada called Europe the biggest

threat to Canada's economy Wednesday, estimating the loss in output this year will be about \$10 billion.

It said the costs to the world are even greater, at more than one per cent of global gross domestic product and 0.8 per cent of GDP for the U.S.

THE CANADIAN PRESS

Nortel execs falsified records to tune of \$13M: Crown

The three former Nortel Networks Corp. executives on trial for fraud knowingly manipulated the now insolvent company's books to reap nearly \$13 million in cash and stock bonuses, the Crown alleged Wednesday.

Lead prosecutor Robert Hubbard has said that former Nortel chief executive Frank Dunn, finance chief Douglas Beatty and controller Michael Gollogly falsified Nortel's financial

statements to show a return to profitability in 2003, even though the company was still in the red.

The three men have pleaded not guilty to the charges and none of the

Crown's allegations have been proven in court. The defence opening arguments begin on Thursday, the fourth day of what is expected to be a six-month trial.

THE CANADIAN PRESS

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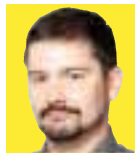
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TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

HE SAYS ...

JOHN MAZEROLLE
METRO



The Liberal Party has gone to pot — and I like it. The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

"... in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?"

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

Just say no.

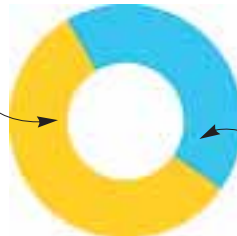
Read more of John Mazerolle's columns at metronews.ca/hesays



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Should Stanley Cup rioters be sentenced to jail time?

57%
YES, THE
PUNISHMENT
WOULD FIT
THE CRIME



43%
NO, THEY
WERE JUST
KIDS CAUGHT
UP IN MOB
MENTALITY

Local tweets



@heathbarker:
Who knew the
first day of

winter was Jan 18th ? #ldnont

@ensoave: Nice to see Mr. Fontana has brought the hatchet today... #LDNont

@jameskingsley: curious as to whether an expansion of the Covent Garden Market's hours might affect our "need" for a grocery store in downtown #ldnont

@DavidWinterPW: We need to get excited about #LDNONT I am sick of hearing all the bad news about

this city. What can we do?

@nevesmommy: snow just moved in to hyde park! woohoo! #ldnont

@JDCommDesign: Good morning #LDnont. Stay warm, be safe. It's a #creative day.

@sammyconkey: How is the 6 so packed? 5 buses went by moments before this one and there are 3 more behind #uwo

@cylovesummer: lvey behavioral experiment time! #lvey #uwo

@janicerichmond: snow in #LDnont in January? can't be so. must check Wikipedia. can't

Daily Zoom



Desert becomes magic carpet

MOJAVE DESERT, UTAH. Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. ● MWN



"Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts."

GUY TAL,
PHOTOGRAPHER

Scorpionweed

It has this name for a reason. Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.

How the photographer saw it. "Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren."



► Born Ruffians will be showcasing new material in a concert Friday at APK Live.

Hanging out with Ruffians

► Lonnie in the Garden and Glass Thieves to open for Born Ruffians at APK Live Friday night

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



Lonnie in the Garden has been keeping good company. In the summer, they performed at the

Homemade Jam music festival with Sun Parlor Players and Olenka and the Autumn Lovers. This fall, they took the stage at APK Live opening for Bruce Peninsula. The local band is

keeping up its streak of powerhouse shows performing Friday night with Born Ruffians at APK Live.

"I've been pretty lucky with great opening slots," says Lynne (Lonnie) Craven, front woman for the band. "I just like the opportunity to meet these musicians and ask them questions because they have a lot more experience than I do and to hear their stories and see their performances is valuable."

And perhaps the artists will gain something from Craven's performance as well. With a background in musical theatre and performance, Craven recog-

nizes the importance of an entertaining live show. She often incorporates staging, special guests, ensemble percussion and theatrical covers into Lonnie in the Garden's set.

"An interesting challenge that I face is that I am playing in London quite frequently and I want to put on a brand new set almost every time," Craven says. "I always picture the performance as a whole how I can make it as entertaining as possible. I want to show that we have this much material and amount of ideas."

Local pop group Glass Thieves are also on the bill

for Friday's show — the first major performance for the band in London's vibrant music scene.

"We spent a lot of the holidays writing so we're trying to be entirely new and entirely different for this performance," says Glass Thieves drummer Andrew Dal Cin.

"It's a little bit intimidating, opening for a band like Born Ruffians but it's really a great opportunity and we're going to test drive a lot of new material."

Hailing from Sault Ste. Marie, all three members of Glass Thieves found themselves in London for school at either Fanshawe

College or UWO. Now they're working or writing songs, each person bringing a particular style and aesthetic to the group.

"We all write songs and then bring them to each other and we figure out what direction we're going to go with them so there is a lot of variation," Dal Cin says.

Born Ruffians, who are in the midst of recording its new album, will be showcasing new material as well on Friday.

Tickets are available in advance for \$10 at Grooves Records or Hot Dog and are \$15 at the door. Show starts at 9 p.m.

Ladies Love



After seven years with a no-host format, the Grammys will have an emcee — LL Cool J. The Grammy-winning rapper and actor says the Feb. 12 broadcast is "gonna be a great night" and says his hosting duties are a dream come true. The Recording Academy has already named some performers — the Foo Fighters, Taylor Swift, Bruno Mars and Jason Aldean.

THE ASSOCIATED PRESS

Book will no longer be sedated

► 8 years after his death, Johnny Ramone's autobiography will finally see its release date

Eight years after he died of prostate cancer, Johnny Ramone's autobiography is finally being published.

Commando: The Autobiography of Johnny Ramone is set for release April 2 by Abrams Image. In an interview Tuesday, his widow, Linda, described the book as "kind of his last word that he knew would be out."

"It is a really powerful book because his whole

life has gone before him and he knows it's going to come to an end, and he really needs to tell everybody what he's feeling inside, so that's what makes it so amazing," she added later.

"That is the biggest, most powerful thing, writing a book when you know you're dying."

Johnny Ramone, whose real name was John Cummings, was one of the

founding members of the legendary New York City-based punk band the Ramones, members of the Rock and Roll Hall of Fame.

Considered one of the most influential guitarists in rock, he died in 2004 at age 55 after battling cancer for five years.

The 176-page book is filled with pictures selected by his wife.

THE ASSOCIATED PRESS



► Johnny Ramone of the punk rock group The Ramones.



Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

A new view on Chelsea

► Chelsea Handler's new sitcom has her playing her sister



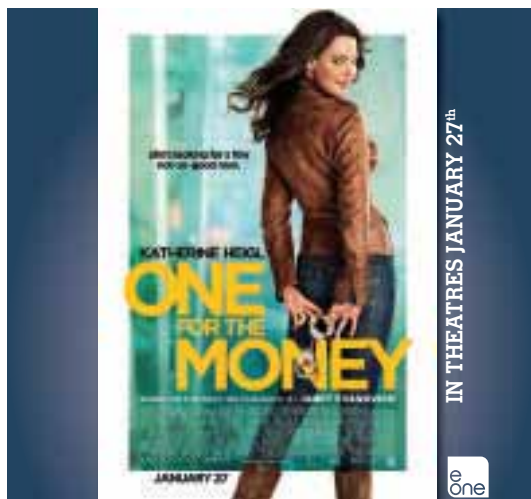
AMBER RAY

SCENE@METRONEWS.CA

In Are You There, Chelsea? — the new sitcom based on Chelsea Handler's best-selling books — Laura Prepon plays Chelsea Handler and Chelsea Handler plays her sister Sloan. In real life, she isn't actually named Sloan — but that was changed, the comedian says, "for legal reasons, so that my own family can't sue me." Got that?

"I've been living this life

for a long time, and I'm over myself. And it's a pleasure to play my sister, because everything I've been accusing her of my whole life, I can now re-enact before her eyes. She's thrilled, surprisingly," Handler said while promoting the sitcom at the Television Critics Association press tour in Pasadena, Calif., last week. "But, yeah. It's a lot more fun for me to play her than it would be to play myself. It's a lot more challenging anyway."



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Buffy's balancing act

► Sarah Michelle Gellar talks about returning to work after being a stay-at-home mom for two years, and how TV roles suit her lifestyle



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METRO WORLD NEWS IN HOLLYWOOD

Sarah Michelle Gellar made her name in television — with seven seasons of Buffy the Vampire Slayer — before heading to film and then bowing out of entertainment entirely to start a family. Now she's back on small screen with Ringer, and it's a move she's been considering for some time.

"I realized at a certain point that you have to dip your feet back in or it gets really scary," she says. "The longer you wait to go back in the harder I think it gets, just emotionally to go back. I hear stories from people that go back to work when their children are younger and they think that transition's then a little bit easier because it's all they've ever known, but I have known being at home for two years — almost two years — that it gets harder when you don't quite understand how it's all going to work, how you manage both lives."

Gellar explains that the idea of taking film jobs and heading off to locations was no longer an option for her. "I have a young child and I took time off when she was born, and that was the first time pretty much in my entire life that I had taken



time off and I couldn't believe how happy I was and how satisfied that I was," says Gellar, who has a daughter with husband Freddie Prinze Jr. "Being a parent is so important to me, and I just couldn't be the parent that goes from country to country and leaves their child or schleps their child. It just wasn't the life that I want-

ed for my family." Gellar is quick to add, though that she's not judging or criticizing any other actress' parenting decisions.

On Ringer, Gellar pulls double duty as twin sisters Bridget — a recovering addict and ex-stripper — and Siobhan, a wealthy socialite who goes missing after going overboard on a boat trip. Plenty of compli-

Gellar's a
Two-hard

Given her career-making role as TV's main vampire-tackling teen in Buffy the Vampire Slayer, the world is of course curious as to what Sarah Michelle Gellar thinks of that other vampire franchise, "I have not seen the Twilight films. I read the books and I loved them. I thought they were great and it really surprised me because I thought, 'Vampire story, like ... OK,' but I loved it. I was fascinated by it. I was excited and I couldn't put them down — it really surprised me."

cations ensue as Bridget poses as Siobhan while on the run from the mob.

Of course, the other major draw of television brings Gellar back to being a parent. "I realized, 'Wait a second, I can be somewhere the entire year, I can [be there] when I need to take my child for the first day of school,'" she says.

"Two weeks ago, my daughter was very sick and I got to go home and be with her and we were able to work around it so that I could be there when she needed me. As soon as she was getting better I could come back, and that's just not a lifestyle that's really offered anywhere else."

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The London Free Press

BROADWAY in London

OK there Marky Mark, calm down

► Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who

had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'"

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

● MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW



► Mark Wahlberg

ALL PHOTOS GETTY IMAGES

Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.



► Johnny Depp

Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. ● METRO

Lohan a high-end hooker?

Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for \$300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent



► Lindsay Lohan

gibberish."

In it, Green speculates that Lohan is a high-end prostitute.

● METRO

Celebrity tweets



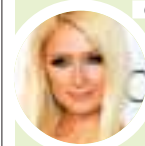
Texted a friend: "What time's Dennis' surprise party?" Dennis texted back: "Guess it's just a party now."



@jimmyfallon

@sarahksilverman

Jesus would be bummed about the Vatican being all filled w riches that could feed the world (but doesn't)



@ParisHilton

In the studio working on new music. Love being creative.



@SteveMartinToGo

My vow: if I can't think up anything interesting to say, I will say it on Twitter.

RiRi 'hooking up' with Chris Brown?

It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly

can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon ex-boyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source.

● METRO

Us Weekly. Brown and Rihanna "meet up very casually," a source says. "She comes to see him anytime she's in L.A. They



Rihanna

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Style pick

The bright pack

It's tangerine, made from PVC and waterproof. And no, it's not high-vis workman's wear or a niche, fetish trend. It is, however, a Comme des Garçons' courier bag that gives two fingers to the January depression, while offering all the practicality of some dreadful, conference-freebie satchel. This sunny number will last you through the winter and it'll still be on trend come summer.

● MWN



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Adrien Brody leads a cast of actor-models in Prada's menswear show.

The long and the short of it

► Just because we're knee-deep in winter, doesn't mean we have to resign ourselves to heavy jeans and corduroys ► Take your fave maxi skirt from the summer, pair it with a shrunken sweater and throw on some woolly tights and boots ► It's your new chic-and-cosy, cold-weather look



MARC BY MARC JACOBS
Georgia-printed skirt

► \$270, netaporter.com



JOE FRESH
Blue-seater gel

► \$49, joefresh.com



TIBI
long-pleated skirt

► \$330, shopbop.com



MADEWELL
north-isles sweater

► \$85, madewell.com



REBECCA TAYLOR
runway pullover

► \$350, rebeccataylor.com



ADAM LONG
Long-silk-chiffon skirt

► \$295, shopadam.com



Hannell Mustaparta expertly nailing the look in New York.

● MWN

Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker: 2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?

- @chrisjallaire: Wearing fur in my small hometown. Death wish (but yet I live!)
- @qualityslippers: When I was sixteen I wore a unitard to a Sex Pistols concert.
- @talakamea: Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- @AgendaLV: A top hat with Harley boots.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.



► In one of my gutsy get-ups...as Pierrot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

metro

metronews.ca
THURSDAY, JANUARY 19, 2012

WEDDING PLANNER

Creations from wedding dress atelier Ines Di Santo. Off White Italian Lace and Tulle sweetheart strapless ball gown with asymmetrical multi-layered skirt and floral appliques with a beaded belt at natural waist, far right. Ivory Silk Gazar gown with asymmetrical rouching throughout bodice with delicate Chantilly lace underlay and side slit, right. Shoulder strap features full organza cluster.

Ivory Alencon lace fit-to-flare gown with cameo pink underlay featuring a bateau neckline off-the-shoulder sleeve and dramatic lace bow at back.

PHOTOS COURTESY INES DI SANTO



STEPHANIE ORFORD
FOR METRO

The dress is everything, according to Veronica Di Santo-Abramowicz, managing partner for wedding dress atelier Ines Di Santo, based in Toronto. "If you feel great in it, that's all that matters."

Ines Di Santo makes dresses to suit many different tastes and shapes, explained Di Santo-Abramowicz.

She outlined a few looks to watch out for in the coming year.

Less is more: Wedding dresses in 2012 will be less over-the-top and more understated elegant. "Something more inspired by the royal wedding," said Di Santo-Abramowicz — tailored and regal, but not ostentatious.

The mermaid: Trends in skirt shape will be diverse. Fitted to the knee and then flared, the mermaid dress

shape is an Ines Di Santo favourite and creates a curve-hugging body shape, said Di Santo-Abramowicz.

Illusion necklines: "We're seeing a turn away from the strapless," she explained. Instead, brides are gravitating toward illusion necklines — strapless dresses that are connected over the shoulders by sheer tulle. There are many different illusion neckline shapes to play with, said Di Santo-Abramowicz. It also provides more support than a strapless gown, and may be considered more appropriate in some religious settings because of its coverage.

High-quality fabrics: Lace is a timeless component of the wedding dress, said Di Santo-Abramowicz, but other fabrics, like tulle, are making a comeback. An airy Italian silk tulle skirt is perfect for the bride who wants to make a statement but retain a classic silhouette, she said.

The full princess gown: Alternately, some 2012 brides-to-be are choosing ball gowns worthy of Cinderella — voluminous dresses with skirts that jut from the waist or hips.

For any dress, couture to second-hand, the most important thing is to stay true to your personality, said Di Santo-Abramowicz.

Less is more with gowns

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STEPHANIE ORFORD
FOR METRO

After many a romantic proposal by the fireside this holiday season, it's time for newly engaged couples to start planning their big day.

But before you jump in, make sure you know what you want, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning in Vancouver. Maintaining your vision for the wedding is key.

Here is how to start planning for the big day:

Determine your priorities

It's easy for couples to get bogged down in expectations, said McNally.

"A lot of couples don't stop to think about what they want," she explained. "They pick up a checklist and they just start going, going, going."

The result is often a



► Maintaining your vision when planning a wedding is key, said Genève McNally, principal planner of DreamGroup Productions wedding and event planning.

wedding that isn't meaningful to the couple.

Start off by determining what elements are important to you. You can choose to ditch the bouquet toss, pare down the guest list, or throw the opulent bash of the century,

said McNally, but get your priorities straight before you start in on the details.

Create a budget

Include all the things you want in your wedding and get prospective vendors to give you price estimates.

This is the time to reprioritize if things cost more than you can afford. "So many couples end up 30 to 50 per cent over budget," McNally said.

Communicate

Make sure you sit down

with your close family and wedding party to discuss expectations, said McNally.

For instance, if your parents are helping finance the event, find out exactly how much they are contributing and how much input they expect to have in the decision-making, she advised. Make sure everyone feels heard and you will avoid some of the

conflicts that can rear their ugly heads.

Get on it!

Another way to steer clear of stress is to plan well in advance. "Some couples think, 'I've got a whole year,'" said McNally, but she suggests nailing down key details like booking the marriage officiant, and the reception and ceremony locations as soon as possible — ideally a year ahead. After you have those out of the way you can start going through your list of vendors, she said.

Slow it down

Enjoy the planning and enjoy the day, advised McNally. "Really, what other time in your life are you going to spend that much money on one day?" she said.

Slow it down and make it a leisurely, enjoyable affair and it will be a day to remember.

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Dos and don'ts for destination 'I dos'



**BENEDETTA
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2 FOR COUPLES

More and more couples are choosing destination weddings. Rebecca Grinnals, founder and president of Engaging Concepts, a leading wedding industry consulting firm, shares her secrets to nuptials near and far.

Do start by establishing your couple style. Are you outdoorsy or urban; traditional or trendy; hippie or haute couture? This should dictate everything from your choice of location and venue to your menu.

Do make a list of words or phrases that describe the feelings you want your wedding to evoke — perhaps relaxed, great wine and eclectic music. Don't get weighed down by the many, many choices out there: Refer back to the list when you feel overwhelmed with options.

Do choose a location and venue that has personal meaning for you and your mate. And dream big: The sky is literally the limit, from rustic barns to mountain-climbing weddings! Looking for a trendy place? The latest hot spots for destination weddings include: The Caribbean, the Cayman Islands, Las Vegas, Napa, Fla., and mountainous regions around the globe.

Don't do it yourself. Enlist the services of location-based wedding planners.



INGRAM PUBLISHING/THINKSTOCK



They have the local knowledge and connections to plan and execute your far-away fete.

Don't get caught with your legal pants down! Get

up to speed with marriage licence requirements if you are getting hitched abroad. Look into this at least six months before your wedding to ensure you satisfy all legal parameters.

Don't forget to consider guests' budgets. Research and suggest a range of accommodations. Condos or villas are great options for groups of people.

FOR WEDDING PLANNING ON THE GO, GET THE WEDDINGS BY 2 FOR COUPLES IPHONE APP ON THE APP STORE!

Picture perfect wedding photos

San Francisco-based wedding photographer Kali Kraum gives you the scoop on how to get the most out of your wedding photos.

1 Consider price, photo style and personality.

Kraum says: "I always say the same thing to all of my clients: The three most important things to consider are price, photos and personality. Almost everyone is trying to stick to a wedding budget, so price is often the first place a couple starts when searching for a photographer. "And,

of course, a connection with the photographs and style of the photographer is incredibly important. Liking the style of your photographer has as much to do with the moments they capture as the way they edit or process the photos."

2 Don't try too hard when posing; be natural.

Kraum says: "Have fun! Share a secret joke or whisper something in your sweetie's ear and you will get at least two great photos — a sweet

moment where you are sharing a secret and a big laugh or smile."

3 Don't cake on the makeup.

"Make sure you have a small touch-up kit with you, with lipstick and powder. But don't pile on the powder. It's better to use a blotting sheet if you start to feel shiny. And keep hydrated. Lips and eyes start to look dry by the end of the day if you forget to drink."

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Connect Dot is a full service event management company. From financial management, to decor, entertainment and audio visual, our team is ready to help with all of your wedding planning needs.

Important points when choosing your wedding planner

1. Do you charge for the initial meeting?

A professional planner should never charge for an initial consultation.

2. Can you work within my budget?

A good planner will be honest about what it will cost you to have the wedding you desire and will be able to tell you if your vision will fit within your budget. He or she will figure in his/her budget and ensure the budget is followed so there will be no surprises at the end.

3. Are you available for all meetings with the caterer, venue and other vendors?

Be sure the planner will be on hand to facilitate the meetings and walk you through these important steps. Any good planner will save you money during these important negotiations.

4. Will you personally attend my wedding?

A professional wedding planner will always say yes.

5. Do you provide a contract?

Make sure you ask your wedding planner to spell out his/her proposal and/or agreement. An outline providing you with the terms of service and time lines should be provided and include a cancellation clause.

Choosing the right Wedding Planner will save you money rather than add to your budget.

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Brightening up for spring

► Karl Lohnes checks out the latest trends from CB2

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From runway to home fashions there is one thing for sure this spring; colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings,

lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to

any room.

Punchy furniture:

Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just

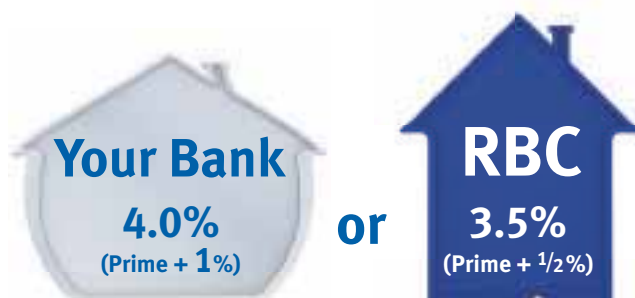


► Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, \$899, CB2.



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one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

Colourful lighting:

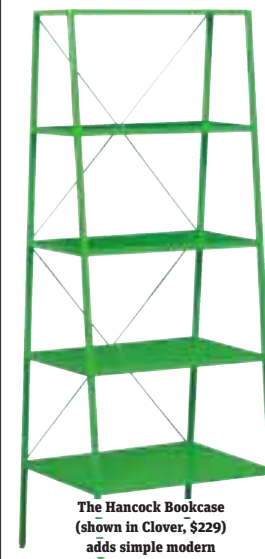
Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a trendy-coloured wallpaper or fabric for fun.

Bold flooring

From pattern to plain, carpeting for spring is about creating a statement.

- Simple bold shapes and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- A colourful rug in the bath or beside the bed can help to wake up a room.
- Use floor tiles to mix and match your colours while keeping it very affordable.
- Tip: trends should be bought and easily replaced when new ones come around.



The Hancock Bookcase (shown in Clover, \$229) adds simple modern flair to any room.



► Canada's first CB2 store opens Saturday in Toronto.

Weekly
Cookbook



Fresh, the award-winning Canadian restaurant chain, is known for serving up scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, *fresh*, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

Aside from nutritious recipes, *fresh* also offers tips on maintaining a healthy and balanced vegan/vegetarian diet.

Veg your bets on health

► Think you're getting enough veggies in your daily diet? ► New study suggests otherwise



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C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team

West vs. East

We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.

- Canadian average
4.95 times a day
- Quebec
5.5 times a day
- British Columbia
4.9 times a day
- Alberta, Saskatchewan, Manitoba and Ontario
4.8 times a day
- Atlantic provinces (New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador)
4.4 times a day

used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to



► Men, smokers and those with low income are among those not getting enough vegetables.

work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles,

smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a

long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

► Looking to kick-start adding more vegetables into your routine? ► Try veggie-packed Muffuletta condiment

The hero-style sandwich condiment known as muf-

fuletta would be a wonderful snack to serve to skiers,

skaters and tobogganers this winter season.

A specialty of New Orleans, the sandwich is said

THE CANADIAN PRESS/HO



► This recipe makes about 500 ml (2 cups).

Preparation:

- 1 Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to combine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

THE CANADIAN PRESS/LESLEY STOWE FIND FOODS

Ingredients:

- 175 ml (3/4 cup) green olives stuffed with pimento
- 50 ml (1/4 cup) kalamata olives, pitted
- 50 ml (1/4 cup) artichoke hearts
- 50 ml (1/4 cup) sun-dried tomatoes, softened
- 1/8 red onion
- 15 ml (1 tbsp) capers, drained
- 2 cloves garlic
- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) sambal oelek
- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh rosemary
- 15 ml (1 tbsp) chopped fresh parsley
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and freshly ground pepper, to taste

4
sports

Sports in brief



The London Lightning have signed six-foot-four guard David Harrison. The 36-year-old led the Colombian league in scoring and has played mostly in South America.

Harrison will be active for the Lightning when they host the Halifax Rainmen on Thursday in a battle between the top teams in the National Basketball League of Canada.

To make room for Harrison, the Lightning released small forward Taylor King.

METRO

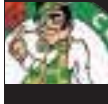
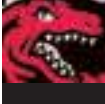


Scan code for more sports news.

Frustration boils over

► Kleiza gets flagrant foul after knocking down Rondo during another ugly Raptors defeat

ELISE AMENDOLA/THE ASSOCIATED PRESS

96	73
	
CELTICS	RAPTORS

It was if the frustration of losing and losing and rehabbing and rehabbing and not being able to do what he wants yet on a basketball court caught up with Linas Kleiza in Boston on Wednesday night.

And when his Raptors teammates take some of that same anger and channel it into aggression and disgust with the situation, things might get better.

They probably can't get much worse.

Kleiza laid out Boston Celtic guard Rajon Rondo while Rondo was driving to the basket late in the third quarter of Boston's eventual 96-73 victory and it was one of the few moments of "force" anyone in a Toronto uniform showed all night.

Kleiza was slapped with a flagrant foul for the hit — Rondo stayed down for about three minutes before getting up to take his free throws — but the play at least showed the frustration of a six-game losing streak may be starting to bubble over.

As well it should, espe-



► Celtics forward Paul Pierce drives against Raptors forward James Johnson.

cially after a rather passive effort against an aging Boston team that was also riding a five-game losing streak.

The Raptors rarely played for long stretches

with intensity and attitude, their defence was shoddy for far too long and, once again, they got below-average offensive production from a roster that can't seem to make

up for the absence of Andrea Bargnani.

The Celtics got 21 points from Rondo before he left following the Kleiza hit and 15 from Kevin Garnett, who also got most of

the fourth quarter off.

Gary Forbes had 18 for Toronto and DeMar DeRozan 11 as the Raptors shot less than 40 per cent from the floor again as a team. **TORSTAR NEWS SERVICE**

Leafs-Wings Classic almost a done deal

It appears the Maple Leafs will indeed play the Detroit Red Wings in next year's Winter Classic — a game the NHL hopes will break attendance records.

A source close to the talks confirmed a deal was just about done, after similar reports in Detroit newspapers.

It's been an open secret since the last Classic, between the Rangers and the Flyers, that the NHL wanted the Leafs to play the Wings next time.

The Michigan website

Mlive.com reported Wednesday that the Wings had come to terms with the University of Michigan to use Michigan Stadium — a.k.a. The Big House — for the Jan. 1, 2013, game.

The NHL would not confirm the reports.

"Winter Classic for next year is still a work in progress," said Bill Daly, the NHL's deputy commissioner. "We will make an announcement when there is something to announce."

110,000

Number of fans who could attend a game at Michigan Stadium, which would shatter the record of 71,217 set at the 2008 Winter Classic in Buffalo.

"Nothing has been finalized," said Tom Anselmi, chief operating officer of Maple Leaf Sports and Entertainment. "The league is well aware we want to be in

the Winter Classic, host a Winter Classic, or both."

The Leafs would become the first Canadian team to participate in the annual event, which has drawn a solid following on NBC television. Detroit owner Mike Ilitch had been lobbying for it. An Original Six matchup is a natural.

In 2010, Michigan Stadium hosted a game dubbed The Big Chill at the Big House, between Michigan and Michigan State, that drew 113,411.

Mlive.com reported that other related events, an alumni game and invitational tournament, would be held at Comerica Park, home of the Detroit Tigers. Ilitch owns the Wings and Tigers.

The league is loathe to announce anything before the all-star game, unwilling to upstage that event.

An official announcement could come in February, after the Wings return home from a road trip. **TORSTAR NEWS SERVICE**

Sports
in pictures

PHOTOS
1. ELSA/GETTY IMAGES FILE
2. DOUG PENSINGER/GETTY IMAGES FILE
3. JEFF GROSS/GETTY IMAGES FILE
4. JONATHAN DANIEL/GETTY IMAGES FILE
5. JIM MCISAAC/GETTY IMAGES FILE



1 Tim Tebow is expected to make a full recovery, without surgery, from rib, lung and chest injuries he sustained in the Denver Broncos' AFC division loss to the New England Patriots last weekend. ESPN first reported Wednesday that Tebow got hurt on a third-quarter tackle during Denver's 45-10 loss. **THE ASSOCIATED PRESS**

2 The St. Louis Blues have rewarded goaltender Brian Elliott for being named an NHL all-star. The Blues signed the veteran goaltender to a two-year contract Wednesday reportedly worth \$3.6 million US. **THE ASSOCIATED PRESS**

3 David Beckham is staying in Los Angeles for another two years after signing a new contract with the Galaxy on Wednesday. **THE ASSOCIATED PRESS**

4 Edmonton Oilers coach Tom Renney says Taylor Hall is doubtful for Thursday's game against the St. Louis Blues. Hall sat out Tuesday's game after cutting his head when he accidentally made contact with a teammate during pre-game warm-ups. **THE CANADIAN PRESS**

5 Jamie Moyer has agreed to terms on a minor league contract with an invite to Colorado Rockies' spring training, pending a physical. The 49-year-old lefty didn't play in 2011 after having elbow surgery. Moyer has played 24 MLB seasons, starting with the Chicago Cubs in 1986. **THE ASSOCIATED PRESS**

Rangers
strike
deal with
Darvish

Yu Darvish is coming to North America.

Japan's best pitcher and the Texas Rangers agreed before Wednesday's deadline to a \$60-million US, six-year contract. In addition to the salary, the Rangers will pay a posting fee of about \$51.7 million to the Hokkaido Nippon Ham Fighters of Japan's Pacific League.

The deal came at the end of a 30-day negotiating window that began Dec. 19 when the Rangers' bid to negotiate with the pitcher was accepted. Had a deal not been reached in time, Darvish would have remained with the Fighters and Texas would have kept the posting fee.

When the deal was reached in Texas by his agents Don Nomura and Arn Tellem, the 25-year-old Darvish was home in Japan, where he returned for training after a visit to Texas two weeks ago. The Rangers plan to introduce Darvish on Friday.

Darvish had a 93-38 record with a 1.99 earned-run average over seven seasons in Japan. The six-foot-five right-hander was a two-time Pacific League MVP and a five-time all-star. He led the league in strikeouts three times, in ERA twice and won two Gold Gloves.

Rangers president Nolan Ryan, a Hall of Fame pitcher who pitched a record 27 major league seasons, was impressed by Darvish's size and attitude about wanting to compete when they met for the first time earlier this month.

"To me, he represented all I had been led to believe, so I felt really good about it," Ryan said last week.

The deal surpasses what Daisuke Matsuzaka got when he left Japan and signed with the Boston Red Sox just more than five years ago. Dice-K got a \$52-million, six-year deal and the Red Sox also had to pay a \$51.111-million posting fee that was the highest for a Japanese player before the Rangers bid for Darvish. **THE ASSOCIATED PRESS**

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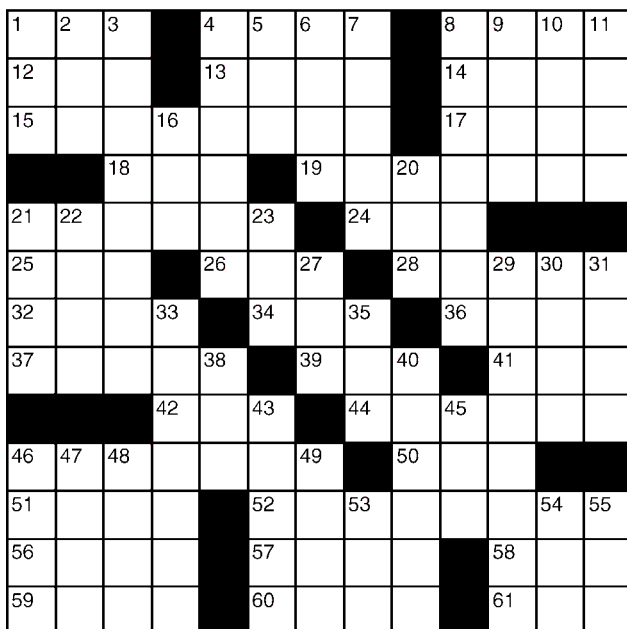
Crossword

Across

- 1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "— the season ..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

Down

- 1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman
6 Cupid's counterpart



- 7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smelter refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short
33 Fruit used in preserves
35 Brief swim
38 Rawls or Reed
40 World Cup game
43 Gall
45 Eccentric
46 Applaud
47 Rembrandt works
48 Beaks
49 Stationery unit
53 Singer DiFranco
54 Tramar load
55 Cagers' org.

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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*My handsome Knight
It is not getting easier being separated from you,,,but I am managing the best I can....You are in my soul forever and ever till the end of time....and that I promise you. YOUR LADY*

*Mr.Moussy
Dear Mr.Moussy, I know we're not together anymore but there wasn't a single day I went without thinking of you. I truly love you & I am sorry for all the mistakes I made throughout our relationship. I hope you have the heart to forgive me till then I'll wait for you patiently. I don't care how long it takes, I'll still love you the same regardless. Every moment without you, it seems like eternity. Just remember this, you are the only for me<3.
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*Smile, someone loves you
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Today's horoscope

♈ Aries March 21-April 20

There is a luck factor working in your favour at the moment, but you still have to work hard.

♉ Taurus April 21-May 21

Start making new career plans today. Get ahead and make sure you stay ahead.

♊ Gemini May 22-June 21

The planets are very much on your side at the moment, so don't be afraid to take a few risks.

♋ Cancer June 22-July 22

Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

♌ Leo July 23-Aug. 23

Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

♍ Virgo Aug. 24-Sept. 22

If you want to be on top of your game today, a positive mental attitude is an absolute must.

♎ Libra Sept. 23-Oct. 23

This is potentially a great time of the year for you but you've got to be way more upbeat.

♏ Scorpio Oct. 24-Nov. 22

If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

The Sun soon moves into one of the better areas of your chart and money worries won't be a burden.

♑ Capricorn Dec. 22-Jan. 20

If you have been looking to end an association that has become a bit of a burden, now is the time.

♒ Aquarius Jan. 21-Feb. 18

Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

♓ Pisces Feb. 19-March 20

There's danger in deciding to take the easy way out of a dilemma. Don't do it. **SALLY BROMPTON**

Caption contest



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